

Medical Force Protection: Iceland

Medical Force Protection countermeasures required before, during, and after deployment to the “area” are as follows:

Major Threats

Iceland is a highly developed country with health and environmental conditions similar to those of the United States. The medical threat is very low, and no special precautions are needed for the typical traveler or port visitor. Force Protection measures similar to those in typical CONUS field operations will suffice.

Requirements before Deployment

1. **Before Deploying report to Medical to:**
 - a. Ensure your Immunizations are up to date, specific immunizations needed for area: **Hepatitis A, MMR, Polio, Typhoid, Yellow fever, Tetanus (Td), and Influenza.**
2. **Get HIV testing if not done in the past 12 months.**
3. **Make sure you have or are issued from unit supply: DEET, permethrin, bednets/poles, sunscreen and lip balm. Treat utility uniform and bednet with permethrin.**

Requirements during Deployment

1. Consume food, water, and ice only from US-approved sources; **"Boil it, cook it, peel it, or forget it"**.
2. Involve preventive medicine personnel with troop campsite selection.
3. Practice good personal hygiene, hand-washing, and waste disposal.
4. Avoid sexual contact. If sexually active, use condoms.
5. Use DEET and other personal protective measures against insects and other arthropod-borne diseases. Personal protective measures include but are not limited to proper wear of uniform, use of bed nets, and daily “buddy checks” in tick and mite infested areas.
6. Minimize non-battle injuries by ensuring safety measures are followed. Precautions include hearing and eye protection, enough water consumption, suitable work/rest cycles, acclimatization to environment and stress management.
7. Eliminate food/waste sources that attract pests in living areas.
8. Avoid contact with animals and hazardous plants.

Requirements after Deployment

1. Receive preventive medicine debriefing after deployment.
2. Seek medical care immediately if ill, especially with fever.
3. Get HIV and PPD testing as required by your medical department or Task Force Surgeon.

ICELAND
VECTOR RISK ASSESSMENT PROFILE
(VECTRAP)

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1. Geography. Located in the North Atlantic Ocean, off the southeast coast of Greenland. Iceland covers 102,845 sq km (39,709 sq mi), or slightly smaller than Kentucky. Terrain is rugged and climate is maritime temperate.

2. Vector-borne diseases:

a. None reported.

3. Disease vector information:

a. None available.

4. Disease and vector control programs:

a. Prevention and Control: Prevention and control of vector-borne diseases are limited to avoiding the bites of potential vectors by the mandatory use of personal protective measures and/or direct control efforts against the vector. Personal protective measures should include: screened eating and sleeping areas, protective clothing (DEET jackets), insect repellents (DEET), and the use of insecticide aerosols in sleeping quarters.

5. Important References:

Contingency Pest Management Pocket Guide - Fourth Edition. Technical Information Memorandum (TIM) 24. Available from the Defense Pest Management Information Analysis Center (DPMIAC) (DSN: 295-7479 COMM: (301) 295-7479). Best source for information on vector control equipment, supplies, and use in contingency situations.

Control of Communicable Diseases Manual - Edited by A. S. Benenson. Sixteenth Ed. 1995. Available to government agencies through the Government Printing Office. Published by the American Public Health Association. Excellent source of information on communicable diseases.

Medical Environmental Disease Intelligence and Countermeasures - (MEDIC). September 1997. Available on CD-ROM from Armed Forces Medical Intelligence Center, Fort Detrick, Frederick, MD 21702-5004. A comprehensive medical intelligence product that includes portions of the references listed above and a wealth of additional preventive medicine information.

Internet Sites- Additional information regarding the current status of vector-borne diseases in this and other countries may be found by subscribing to various medical information sites on the internet. At the Centers of Disease Control and Prevention home page subscriptions can be made to the Morbidity and Mortality Weekly Report(MMWR)and the Journal of Emerging Infectious Diseases. The address is www.cdc.gov. The World Health Organization Weekly Epidemiology Report (WHO-WER) can be subscribed to at www.who.int/wer. The web site for PROMED is www.promedmail.org:8080/promed/promed.folder.home.

Although PROMED is not peer reviewed, it is timely and contains potentially useful information. The CDC and WHO reports are peer reviewed. Information on venomous arthropods such as scorpions and spiders as well as snakes, fish and other land animals can be found at the International Venom and Toxin Database website at www.uq.edu.au/~ddbfry/. Information on anti-venom sources can also be found at that site. Information on Poisonings, Bites and Envenomization as well as poison control resources can be found at www.invivo.net/bg/poison2.html.